

Transfer of Certification (AK 91 -USDA 502)

Explain to Participant

You're enrolled in the WIC program today because you and your family were previously enrolled at another WIC program and your certification is still valid. Our clinic will now provide WIC services for you and your family.

List or discuss risk factors from original certification

Goal

The goal is to provide you and your family with WIC services including any community resources available to you in this area.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Eat a variety of foods from all the food groups every day.
Choose fruits, vegetables, whole grains and low fat dairy foods.
Ask your health care provider about exercise.
Drink 8 glasses of water every day

Nutrition Education Material Suggested

New Program Contact Information
Using the Dietary Guidelines For Americans...for good health

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

Iron Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Alaska WIC Food List (4/1/01)
Community Resource Listing